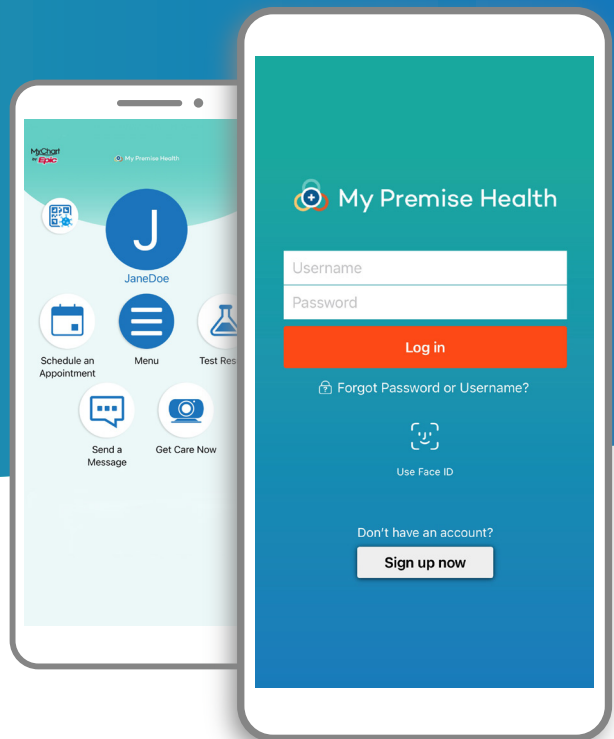


# Health Risk Assessment 101

Prioritize your preventive care.



## What is an HRA?

A health risk assessment (HRA) is a type of preventive care recommended to better understand your health and wellbeing. An HRA includes a health questionnaire, bloodwork and vital sign screening to measure your cholesterol levels, nutrition, liver function, chemistry levels and more. It can identify the potential risk of diabetes, hypertension and other health concerns that could become more serious if not detected early.

## Schedule your appointment to get started.

Create or sign into your account on [mypremisehealth.com](https://mypremisehealth.com) or through the app. Select “Schedule an Appointment,” then “Biometrics.” You can then complete your health questionnaire during eCheck-In or when you arrive for your lab appointment.

### Who can use these services?

Services are available to all employees, spouses, dependents (age 6 and up) on insurance plan.

City of Mount Dora Employee Health & Wellness Center  
2110 North Donnelly Street Suite 200 Mount Dora, FL 34748  
Monday - Thursday 8 a.m. - 5 p.m.  
Closed daily 12 p.m. - 1 p.m.  
(352) 663-9155



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